

What to bring

Luggage

- Large duffel bag or trunk
- Daypack or book bag (for water bottle, jacket)

Outerwear

- Waterproof rain jacket or poncho
- Sweatshirt or light jacket

Footwear

- Tennis shoes (2 in case a pair gets wet)
- Water shoes with heel strap (no flip flops)

Camp Clothing

- Shorts (3)
- Pants (1, blue jeans work well)
- T-shirts (3)
- Socks (3-4 pairs)
- Underwear (4)
- Pajamas
- Swimsuit (trunks/one-piece/tankini)
- Hat and/or bandana

Note: Labeling/initialing clothes is highly recommended

Personal Items

- Toiletries (soap, shampoo, toothbrush, tooth paste, etc.)
- Bath towel and washcloth
- Beach towel
- Laundry bag for wet/dirty clothes
- Bible, journal, pen

What NOT to bring

Food with peanuts/tree nuts
Cell phone
Music/video player
Tablets/computers
Video games

Tobacco/e-cigs/vapes
Alcohol
Drugs
Fireworks
Firearms/weapons

Pets
Water guns
Skateboard/skates
Bicycles/unicycles
Expensive clothing

Expensive shoes
Any other valuable
personal items

Sleeping

- Sleeping bag or twin-sized bed sheets
- Pillow

Camping Gear

- Leakproof water bottle
- Flashlight or headlamp (extra batteries recommended)
- Insect repellent (deet-free)
- Sunscreen

Optional Items

- Additional sun protection (sunglasses, lip balm)
- Shower shoes
- Disposable camera
- Musical instrument

Medication (if applicable)

- Prescription and/or necessary routine medications
- Medication Administration Form

*Any prescription or over-the-counter medications, vitamins, or supplements must be **a) in the original container and b) turned in to our Healthcare Team** for dispensing. These items **cannot** be kept in luggage or with the camper. The only exceptions are epipens and rescue inhalers, which must be cleared by our Healthcare Team and checked in with the counselor at dropoff. Do not send over-the-counter medications unless taken routinely. Find more info online: glisson.org/arrival-departure*